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Menopausal period and homeopathy: a review

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ABSTRACT

Homeopathy, rather than suppressing existing disease symptoms; is a natural, side effect-free, safe, and inexpensive treatment method based on activating this natural healing power that has been impaired. In this method, which is based on the principle of similarity (like heals like), the person is evaluated individually and holistically. For example, not every woman is treated the same for the menopausal condition. Each woman is treated individually, considering all her symptoms. Therefore, instead of trying to eliminate the symptoms, the patient's treatment is targeted. Medicines used in homeopathic treatment are called remedies. Remedies include: plants, minerals, animal tissue and other sources that are all found in nature, 70% of which are obtained from plant sources. Today, there are around 8000 remedies that are available. Remedies are obtained by diluting these substances with water. Dilution process; it prevents side effects and increases the effect. By applying the shaking method, the power is increased. Remedial information; It is obtained as a result of studies called proving that are made by using healthy people. Animal experiments are not used. Within the scope of this review, it is aimed to give information about the remedies that can be used for homeopathic purposes in the menopausal period and the selection of the appropriate remedy.

Keywords: Homeopathy, materia medica, menopause, proving, repertory, remedy

INTRODUCTION

Homeopathy; is a term derived from the Greek words "similar" (homeos) and "pain" (pathos) and refers to the use of substances that act in the same way as the disease in order to stimulate the healing powers of the human body. The first to mention the term homeopathy; Hippocrates is considered the father of Medicine.[1] In his statement; Based on the principle of "equals are treated by their equals", it has sprouted the roots of homeopathy.

Homeopathy is a field that has been widely utilised since the end of the 18th century, but is very new for Turkey. For example, it is thought that 600 million people in India prefer homeopathy for medical support.[2] It has been the second accepted treatment method by the World Health Organization. According to the data from the World Health Organization, in 2008 $26 billion in China, $408 million in France, $346 million in Germany, $62 million in England, $7.3 million in Australia, and in 2007 $2.9 billion in the United States was spent on homeopathic remedies.[3]

In fact, although the history of homeopathy has existed since the beginning of medical history; German scientist Samuel Hahnemann (1755-1843) is accepted as the founder and developer of homeopathy.[4,5] Hahnemann first defined the use of quinine as a remedy in his studies. He used this plant, which is used for treatment in patients with fever symptoms, as a healthy person himself. He observed that the symptoms of malaria appeared.

Upon stopping taking the plant, the symptoms regressed. When he took the plant, they reappeared. Based on the experiences he gained from these early studies in the following years, he stated that the substances to be used for homeopathic purposes must be diluted.[5]

Over time, remedies such as poison ivy (Rhus toxicodendron), snake venom (Lachesis), table salt (Natrium muriaticum), head lice (Pediculus humanus capitis) were also used.[6] In the light of the information obtained from these studies, Hahnemann; concluded that "a substance that causes various effects (including harmful effects) when given to a healthy creature in large amounts creates a curative effect when given to a person with the same symptoms in an extremely small amount", and this situation is defined as the "law of similars" (similia similibus curanteur or like cures like).[7]

In fact, there are two more basic principles besides the principle of "like treats with like", which is one of the basic principles widely accepted in homeopathy. These can be considered as the principles of "life force" and "enhancement", "one remedy and minimum dose". The first of these, the principle of "life force", expresses a dynamic energy power that is present in every part of the body and that enables the mind, body and living thing to continue their duties in a healthy and normal way; The principle of "reinforcement",

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on the other hand, states that although the amount of main substance that is within the homeopathic product decreases with each dilution, hence becoming more dynamic in terms of energy and thus becomes stronger. It has been defined as another principle that the patient should use one remedy at a time and at the minimum dose.[8]

Following Hahnemann, applications in the field of homeopathy quicklu became widespread; However in our country; Homeopathy has been officially first recognized with the "Regulation on Traditional and Complementary Medicine Practices" published in the Official Gazette dated 27.10.2014.[9]

There are many benefits of choosing homeopathic treatment during the menopausal period. With homeopathy, both healing is achieved and potential disease conditions that may await the person in the future are prevented. Every woman's menopause journey is different. For example, the constitution of two women with hot flashes can differ greatly. Hot flashes can be sudden, or they can be gradual. They may only occur at night, during the day, or at certain times of the day. Associated findings; palpitations, throbbing headaches, etc. it could be. The aim of homeopathic treatment is that the healing is permanent. Consequently: "Miasmatic Approach" is important in the choice of remedy. This can also be considered as structural cleaning. However, physical-spiritual traumas that intervene with the healing may result in the need for retreatment.

Before defining the remedies to be used for homeopathic purposes, a process defined as "proving" is performed. This process; The application of the remedies in healthy volunteers and the recording of all the data obtained after the application are followed. These records are added to the "materia medica" information or are also called "repertory".

The proving stage is followed by the dilution stage. This is the stage where the homeopathic substance to be used is diluted with solvents such as water, alcohol, aqueous alcohol. The dilutions here are performed logarithmically. Afterwards, a phase called "succussion" follows. This process is also known as shaking.[13-15]

SELECTING A SUITABLE REMEDY

Hahnemann; to find the most suitable remedy by comparing the symptoms of the known drugs that are most similar to all the symptoms of the natural patient; He stated that especially striking, unusual, strange, peculiar, characteristic signs and symptoms should be determined. Hence, the important thing here is; the detection of striking, rare and uniquely atypical symptoms. These symptoms are patient-specific symptoms; so, they are not disease-specific symptoms.

Since remedies are used against the patient (not against the disease) in homeopathic treatment; Detection of such symptoms is vital and valuable from a homeopathic point of view. As the table of effects of the remedy sought must be in accordance with these characteristic symptoms. General and vague findings such as loss of appetite, headache, weakness, sleep disturbance, feeling of discomfort; If they are not declared in detail, should not be taken into consideration. It is possible to encounter these general symptoms in almost every disease and every drug; therefore, it is more important to pay attention to uncommon, strange, distinctive (characteristic) signs rather than general symptoms, and the most appropriate remedy should be selected for these symptoms. Again, whether the problem has an acute or chronic course is one of the key points in determining the treatment process.[16,17]

This review will look at which remedy or remedies cover most or all the symptoms.

Belladonna: Immediacy and intensity are the main features of this remedy. This remedy may be helpful if the hot flashes are very sudden and intense. Sudden hot flashes accompanied with a red face, throbbing headache, dilated pupils, and followed by sweating. Uterine bleeding, vaginal discharge, nose bleeding, increase in temperature are among the other symptoms. Although the woman is emotionally stable, she may experience short bursts of anger during headaches or stressful situations. Migraine, sudden high blood pressure, craving for lemon or lemonade are other indications that require this remedy.[18-20]

Calcaria Carbonica: The individuals are overweight, pale, sluggish and feel cold. Excessive sweating, sweating at night especially in the head areas (despite the general coldness), weight gain during menopause are the symptoms that this remedy may help alleviate. Individuals that rquired this remedy are usually responsible and hardworking. They get tired quickly. Worsening with exercise (especially going up) and shortness of breath. They may have intense anxieties and fears. Overworking and stress can lead to temporary collapse. They have a feeling that they will lose their mind due to intense mental confusion and are afraid that others will notice it. There may suffer from cramps in their legs, stiffness in the joints, or vaginal bleeding. These inidividuals have a high craving for eggs and sweets.[18-20]

Cimicifuga: Hot flashes and heat on the top of the head will appear. Sadness, gloominess, volatile, very talkative, weak, feeling faint, palpitations, insomnia, joint and muscle pains are other important symptoms exhibited Cold and damp worsens their symptoms. Heat heals.[18]

Folliculinum: It is a very useful remedy during the menopause period. The individuals are restless, hyperactive, they feel worse with rest. There is a tendency to feel dizzy, faint. They exhibit hot flashes, profuse sweating, especially at night, bloating in the abdomen, vaginal bleeding, and vaginal dryness. Sweet cravings are high. Although they do not eat a lot, they gain weight easily. There is fatigue. They experience an identity crisis as if they have lost their will.[20]

Glonoinum: Throughout menopause; there are explosive pains in the head area with intense hot flashes and redness. These are accompanied by heart palpitation, irritability, mixed thoughts. The individual has confusion in finding direction. They get lost in places they know well. If they feel too hot or stay in the sun for prelonged periods of time, the symptoms can be aggravated and often they feel worsened after lying down. External pressure and sleeping in the dark are good for headaches.[18,20]

Graphites: During menopause, there is a tendency to gain weight, coldness, pallor, slow thinking, poor concentration. Hot flashes and night sweats are also common. Cracks in the skin with yellow infiltrates may appear. There may also be cracks and rashes behind the ear. Sweet foods tend to not be wanted by those in menopause. They can feel worse when feeling cold, hungry, and waking in the morning. Thick, hard, and deformed nails can be present. There is also a tendency to excessive calluses.[18-20]

Ignatia: It is useful for emotional ups and downs during menopause. The female is very sensitive, but tries to hide her feelings. She may appear cautious, defensive, grumpy, and hysterical. Nail-like headaches, sleep disturbances, frequent sighing, feeling of a lump in the throat, numbness, cramps, twitching, hair loss, hysterical cough, feeling of heaviness in the chest, sudden tears and bursts of laughter are strong symptoms. There is sweating localized on the face, especially on the upper lip. They are very uncomfortable with cigarette smoke. There is a sene of loss, separation, disappointment.[18-21]

Lachesis: Palpitations, intense hot flashes with a feeling of constriction, without sweating, are prominent features that appear. In the body; Varicose veins and red purplish color changes that occur easily due to trauma are common. There may be dark-colored vaginal bleeding that contains a clot. It is impossible for them to tolerate clothing that is tight in the neck and waist area. Irritability, depression, jealousy, talkativeness, sarcasm, pronounced skepticism are the mental-emotional manifestations. Fear of snakes is common. When the tongue is protruded, there is tremor. It gets worse when the individual lyes on the left side. In particular, there is difficulty in swallowing liquid foods. They have difficulty in swallowing their saliva and feel the need to spit frequently. They may wake up with a feeling of suffocation in their sleep. There is a feeling of being stuck, needing an emotional and physical exit. Their symptoms worsen as a result of suppression of sexuality. It is common in women who have lost their partner.[18,20,21]

Lilium Tigrinum: Anger, worry, haste, are common symptoms. It can be considered the most restless remedy. There is a conflict between a strong sexual drive and strong moral values. The individual feels chest tightness, weakness in the legs, and the feeling that the pelvic organs will fall out of the vagina, there feels the need to cross their legs.

Natrum Muriaticum: They are individuals who are introverted, hard-looking on the outside (soft when you get to know them), prefer to be alone, sensitive, easily hurt, and feel bad with consolation. They often feel deep grief. They may have deep trains of thought on past hurts and disappointments. Backaches and migraines can happen during their menopause. They feel relieved by profuse sweating. Meat, salt cravings and thirst are increased. There is dryness of the skin, eyes and joints. They have little tolerance for being in the sun. They may expeirence difficulty falling asleep.[18-21]

Oophorinum: It is a remedy obtained from the ovarian extract. It covers all menopausal symptoms. Vaginal bleeding, hot flashes, epileptic complaints, skin complaints such as psoriasis are common symptoms. It can be used in ovarian tumors. Its use after oophorectomy is also very beneficial.[20]

Pulsatilla: They inviduals who are shy, sensitive, gentle, and vary in physical and mental symptoms. A tendency to cry easily, a liking for attention, and comfort are the main symptoms they exhibit. If their demands for attention and love are not met, they can become jealous and irritable. They are very attached to their families and they are motherly. There have a lot of concerns with ageing. They dont feel thirsty. They feel worse in closed rooms and they improve outdoors. Fatty foods are bad for them. They are prone to gaining weight. They may have migratory joint pain. Cold application is good for these pains.[18-20]

Sanguinaria: Hot flushes, flushing on the face, an intense right-sided headache, burning on the soles of the hands and feet, and foul-smelling vaginal discharge are common. There may be a spice addiction. A cough that improves with belching, winding, or vomiting appears.[18,19]

Sepia: The individuals are prone to fatigue, fainting, and irritability. The slightest movement results in hot flashes accompanied excessive sweating. There may be excessive vaginal bleeding, vaginitis, and foul-smelling urine. There is indifference to family members (especially their spouse), and decreased interest in daily activities. Depression and the desire to be alone is present. There may be a feeling of weakness and sagging in the pelvic organs. Urinary incontinence, uterine prolapse may occur. They feel cold. Exercise, especially dancing helps alleviate their symptoms. Sexual reluctance is common.[18-21]

Staphysagria: Their personality is kind, sweet, gentle, and shy. However, they are filled with intensely suppressed emotions that cause emotional and physical ailments. There is a predisposition to frequent urinary tract infections. There may be urinary incontinence. Sleep during midday is not good for them. Sweet cravings are high. In menopause; they may experience depression or outbursts of anger that escalate to throwing objects. Skin symptoms such as easy tooth decay and psoriasis are common. There may be a history of childhood abuse or rape.[18-21]

Sulphur: They are friendly. Their face, head, hands, and feet are warm. Especially the soles of the feet feel very hot and exhibit a burning sensation. There are hot flashes and flushing, which wakes them up early in the morning causing them to remove their covers. They are very uncomfortable with the heat. They need constant cooling. There is a feeling of slight sweating, tiredness, fainting. There may have intense concerns regarding their health. They can be very theoretical, critical, selfish, lazy, and messy. They may dislike bathing. Their sweet and spice cravings can be intense. Their skin is dry and itchy. Skin symptoms may worsen with washing.[18-21]

Symphytum: It is a remedy used in periosteal and bone damages and facilitates bone union. Increases the hardness and durability of bone tissue. During old age, bone tissue turns into a more spongy and loose structure. It is prone to fracture due to the slightest trauma and falling. In fact, it is often thought the falls are due to the bone breaking spontaneously. It is also recommended to be used to prevent bone fractures.[18]

Schüssler Salts: They are 12 biochemical tissue salts developed by German Homeopath Dr. Wilhelm Heinrich Schüssler (1821-1898). According to Dr. Schüssler, the deterioration of health was due to an imbalance in the body's 12 essential tissue salts. Schüssler believed that these imbalances could be corrected with microdoses of each salt that are easily absorbed and prepared according to Homeopathic principles. Today, 12 basic salts, alone or in combination preparations, are widely used in the world. They have already taken their place in the medicine cabinets of families. The names of tissue salts and the tissues they affect are listed below:

1. Calcium Fluoride: Skin, connective tissue, tooth enamel, joints and bones.
2. Calcium Phosphate: All body tissues, especially teeth and bones.
3. Ferrum Phosphate: All parts of the body, especially red blood cells.
4. Kali Muriaticum (Potassium Chloride): All parts of the body, especially connective tissue.
5. Kali Phosphate (Potassium Phosphate): Brain and nerves, muscles, blood, body fluids.
6. Kali Sulphate (Potassium Sulphate): Skin, muscles.
7. Magnesium Phosphate: Muscles, blood cells, nerve tissue, bones, teeth
8. Natrum Muriaticum (Sodium Chloride): All body fluids and tissues.
9. Natrum Phosphate (Sodium Phosphate): Blood cells, muscles, nerve and brain cells, body fluids.
10. Natrum Sulphate (Sodium Sulphate): Extracellular fluid.
11. Silicea: Skin, hair, nails, muscles, nerves, glands, connective tissue.
12. Calcium Sulphate: Gallbladder and liver.

Schüssler salts can be defined as effective preparations of homeopathy on the physical plane. They can be utlised safely with remedies or alongside other drugs. They will be very beneficial to use during menopause. Although salts 2, 4, 6,7 are generally thought to be deficient in everyone, which tissue salt is needed is decided through facial analysis.[22]

Bach Flowers:. They are preparations that are made from flower essences, developed by British doctor, Dr. Edward Bach (1886-1936).

Dr. Bach argued that diseases are the result of the reflection of the deteriorated mental state on the human body. Each of the 38 flowers has a healing equivalent on a spiritual level. They can be defined as the effective preparations of homeopathy on the spiritual plane. They can be used safely with homeopathic remedies or other medicines.

CONCLUSION

Homeopathy indicates that the living organsim gets sick as a whole, therefore can be healed as a whole. In addition, it interprets the symptoms that we see as signs of illness as changes in the body's fight against the disease. In homeopathy, medicines are prepared by methods such as potentiation, but the effects of homeopathic medicines at the tissue level are not fully understood. Some researchers state that the effect of homeopathic substances can be explained based on the concept of quantum physics.

The tendency to homeopathic treatment methods is increasing due to the advantages of homeopathic treatment such as natural, side effects, cheap and non-addictive. Numerous scientific studies are available and ongoing for the mechanism of action and therapeutic evidence.

When the decision is made to undergo homeopathic treatment; a homeopathy doctor with a certificate of therapeutic competence should be chosen. After an evaluation process that takes an average of 60 minutes, the necessary remedy is determined. The patient is informed in detail about the application and what to pay attention to. Follow-ups should be carried out in in the period of time determined by the cooperation of the physician and patient.

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